

Homemade chicken burger

Tea
Serves
10

Nutrition: carbohydrates, protein, vitamins B and D

Ingredients

- 500g chicken breast strips
- 10 eggs
- 250g flour
- 500g breadcrumbs (use any leftover bread for this)
- 400g frozen vegetables
- Pepper and mixed herbs to taste
- 10 burger buns
- Salad according to preference

Method

Whisk the eggs.

Put the flour, whisked eggs and breadcrumbs into three separate bowls.

Season the flour with pepper and mixed herbs.

Coat the chicken filets in flour, then roll in the whisked egg. When completely covered, roll the chicken in the breadcrumbs.

With clean hands, place the coated chicken on a baking tray.

Cook in the oven at 180°C for 15 to 18 minutes or until thoroughly cooked

Boil frozen vegetables, drain and serve on the side.

Serve the burgers in the burger buns with salad.

Known allergens*

Egg, gluten, soya

Substitutions

Use gluten free flour and gluten free breadcrumbs

Instead of egg, coat the floured chicken in yoghurt or plant-based yoghurt

Use gluten free bread or tortilla wrap



*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



Department for Education